RESOURCES

STATE
New Jersey Department of Health
Family Health Services
www.nj.gov/health/fhs/index.shtml

Special Child Health and Early Intervention Services
www.nj.gov/health/fhs/sch/index.shtml

Early Intervention System
www.nj.gov/health/fhs/els/index.shtml

Special Child Health Case Management Units
www.state.nj.us/health/fhs/specialneeds/case-management/

Child Evaluation Centers
www.state.nj.us/health/fhs/specialpediatrics/child-evaluation/

New Jersey Department of Children and Families
www.state.nj.us/dcf/

Division of Child Protection and Permanency
www.nj.gov/dcf/about/divisions/dcpp/

New Jersey Family Success Centers
www.nj.gov/dcf/families/support/success/

Children’s System of Care (CSOC)
www.nj.gov/dcf/about/divisions/dsc/

New Jersey ParentLink
www.njparentlink.nj.gov/

FEDERAL
Centers for Disease Control & Prevention (CDC)
www.cdc.gov/ncbddd/fasd

OTHER
Statewide Parent Advocacy Network (SPAN)
www.spanadvoaacy.org/

Mom2MomHelpline (Rutgers University)
www.mom2mom.us.com/

PARTNERS

FETAL ALCOHOL SPECTRUM DISORDERS

Tips for Parents & Caregivers

NJ Health
New Jersey Department of Health
www.doh.nj.gov

American Academy of Pediatrics
New Jersey Chapter

50 Millstone Road
Building 200, Suite 130
East Windsor, NJ 08520

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Email: njchapter@njaap.org
www.njchapter.org

What is FASD?

Fetal Alcohol Spectrum Disorders (FASD) is a term used to describe conditions that may result in a child whose mother drank alcohol during her pregnancy. Alcohol exposure in utero can affect a person’s health, development, behavior and ability to learn. Issues can range from mild to severe across the lifespan. The following is a list of tips for parents and caregivers of children with FASD by developmental level, and resources for information and services.

**INFANCY/EARLY CHILDHOOD (BIRTH - 5 YRS)**
- Utilize low lights, follow a routine, and decrease stimulation for better sleep
- Schedule mealtime and reduce distractions to encourage optimal nutrition
- Seek evaluation for possible developmental delays/learning disabilities through Early Intervention (EI) (age birth-3 years) or Preschool Handicapped Services
- Provide structure and routine
- Utilize calming activities, family and community supports
- Utilize positive reinforcement and provide immediate and consistent consequences

**MIDDLE CHILDHOOD (5 - 10 YRS)**
- Assist your child in developing friendships with younger children, one at a time
- Encourage your child to participate in clubs with structured activities
- Create a structured environment with clear and predictable routines
- Keep activities brief and offer one-on-one assistance with homework
- Use calming techniques for tantrums
- Ensure consequences are consistent, clear and immediate
- Communicate with the school regarding your child’s educational needs
- Consider identifying resources for respite for both the child and the family

**ADOLESCENCE (11 - 21 YRS)**
- Encourage participation in structured activities
- Closely monitor activities and whereabouts to promote and maintain safety
- Create an open dialogue about appropriate and inappropriate touch
- Discuss sexual education
- Structure daily routine and activities
- Keep rules simple and consistent
- Provide consistent reinforcement for positive and negative behavior
- Regularly reiterate rules

**ADULTHOOD (21+ YRS)**
- Contact the NJ Division of Disability Services (DDS) at 888-285-3036 to explore residential resources
- Enroll in group activities such as adult classes or clubs to maintain social relations
- Provide structure and routine
- Educate about finances, slowly and consistently; set up simple accounts
- Continue monitoring of activities and whereabouts
- Seek out jobs that are structured/limited stimulation to reduce stress
- Continue discussions on sexual education
- Consider guardianship, and other legal consultation

Parent / Caregiver Self-Care Tips:
- Get rest
- Exercise
- Take time outs
- Seek parent support groups
- Seek respite care (eg, PerformCare)

The Individuals with Disabilities Education Act (IDEA) requires states to ensure early intervention (EI) services are made available to eligible children birth - 2 years with developmental delays. IDEA also requires special education and related services to be provided for children who qualify beginning at the age of 3.